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In style

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YES OR NO? TIME TO DECIDE

A SkyTrain travels in downtown Vancouver on Saturday. An unprecedented plebiscite is asking Metro Vancouver residents if they are willing to foot the bill for a mega public-transportation overhaul. Both sides sound off, page 6. JONATHAN HAYWARD/THE CANADIAN PRESS

Two killed at DTES hotel

Crime. Residents worry about security following double homicide

Two men were killed at a Downtown Eastside hotel where residents have long been raising safety concerns with the building's management.

Vancouver police say a 24-year-old man and 37-year-old man were both found suffering from stab wounds in separate areas of the West Hotel at 488 Carrall St. on Saturday.

"Both of the victims are known to police. We don't think it was random; we think both of these men were intended victims of stabbings last night," said VPD spokesman Sgt. Randy Fincham on Sunday.

The men have not yet been publicly identified.

Residents of the building claimed neither of the victims lived at the West Hotel and told media they've been complaining about lax security and safety since the Community Builders Society took over management in November.

"The amount of people they're letting into the building now.... We used to know everybody. Not anymore," said resident Dan Zimmerman.

"Threats, aggravated assault, property damage — it's all people that don't live here. We spend more time chasing people out of the building that aren't allowed to be here or shouldn't be here, and it's all because of one reason: there's no front desk to stop them from coming in."

Fellow resident Lawrence Sauer said there were no staff manning the building's entrance at the time of the stabbings at 9 p.m.

The clerk's shift was not scheduled to start until 10 p.m., he said.

No arrests have been made.

MATT KIELTYKA/METRO

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NEWS

Health

E-cigarette ban doesn't go far enough, B.C. doctors argue

As the province moves to ban e-cigarettes from wherever smoking is banned, a group of doctors is encouraging B.C. to go even further in regulating the tobacco industry.

Dr. Stuart Kreisman of Physicians for a Smoke-Free Canada commends the amendments to the Tobacco Control Act that will make it tougher for vapers to use e-cigs, which are already banned at Vancouver's beaches, restaurants and parks.

But the doctors are urging the government to make additional tweaks to the act at the same time, according to a letter to be sent to Health Minister Terry Lake this week.

The group requests the province ban tobacco sales from pharmacies (B.C. is the last province to allow this, according to Kreisman), divest hundreds of millions from tobacco companies (Alberta did this in 2011) and prohibit all smoking from patios, hospitals, bus stops, parks, beaches, public events and college campuses.

Kreisman also has a few unique ideas if the province really wants to make it tough for smokers.

He suggested B.C. legislate smoke-free multi-unit dwellings (bye bye, smoky apartment halls), set up a cigarette butt return program and further restrict cigarette sales. EMILY JACKSON/METRO

Protesters decry Bill C-51

A demonstrator flies a giant pair of eyes over a protest on a national day of action against Bill C-51, the government's proposed anti-terrorism legislation, outside the Vancouver Art Gallery on Saturday. More than 1,000 people took part in the Vancouver rally against the wide-ranging bill that aims to give Canada's police and spy agency much broader powers.

JONATHAN HAYWARD/THE CANADIAN PRESS

Plan axed for rest stop atop Chinese cemetery

Tourism. It's disputed whether any remains are left on the site

EMILY JACKSON
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The Canadians for Reconciliation Society has forced Lillooet to shelve a project to build a tourist area atop a historic Chinese cemetery.

Society CEO Bill Chu started lobbying two months ago against a proposal to build a rest stop on the vacant lot beside the current cemetery, a patch of land that historical documents show was a Chinese cemetery for about five decades until the 1950s.

It's disputed whether any remains are left on the site, yet the district has shelved the volunteer-led project due to Chu's efforts, Lillooet Mayor Margaret Lampman said Sunday.

The project was contingent on funding from CN Railway, but the corporation informed Lillooet it wouldn't get the grant earlier this month, Lampman said.

"No corporation will fund a project if there is controversy around it," she said, adding that Lillooet will return the property that it leased from B.C. Railway Properties.

Lampman is upset that the volunteers' plan for a rest area won't work. While she doesn't dispute the historical interest in the site, she said cleaning up the "vacant, unsightly" land would have been more respectful than continued neglect.

Chu believed the district planned to dig into the soil to put in irrigation systems and a toilet, but Lampman insists there were no plans to disturb the surface.

"We were just putting in some picnic tables and make it looks nice so visitors could come in and see the view from that area," she said, adding they would put up signs about the history of the Chinese cemetery.

"Lillooet has never turned away from recognizing and being proud of the heritage that has been here from many cultures," she said.

But for Chu, it is a matter of principle. He brought the issue forward to follow through on the formal apology the province made to the Chinese community last year in the spirit of reconciliation.

"To us, reconciliation is really about understanding each other's history and being respectful. That's really the purpose of the concern," he said Sunday.

"No burial site or cemetery should be accepted to any sort of work, period. That in any culture should be unacceptable."

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Minor hockey takes aim at misbehaving parents

Sports. Tough penalties coming for parents who get aggressive at games

Hockey parents who swear and yell at coaches, referees and players during their kids' games will be handed stiffer penalties next season by a British Columbia association that is taking aim at "rink rage" and inspiring officials across the country.

The Vancouver Island Amateur Hockey Association's stance garnered more support this week as police in West Vancouver recommended an assault charge against a 45-year-old man. He allegedly grabbed an opposing player's father during a game between the Hollyburn Huskies and the Semiahmoo Ravens from Surrey.

Two years ago, a Vancouver man who was videotaped tripping a 13-year-old player while coaching his son's team was handed a 15-day jail sentence by a judge who said the punishment should be a warning to other parents.

Jim Humphrey, president of the Vancouver Island association, said he received widespread support after eight parents were given a one-game suspension for hurling abuse at referees, often teens themselves, who quit in frustration. Five more parents had to sit out the next game for repeat offences.

"I'm hopeful that the mentality of our game will change somewhere because this has been a longtime issue, this booing and hissing and throwing stuff at the game officials." THE CANADIAN PRESS

Young hockey players wait to take to the ice in Philadelphia in 2010.
TOM MIHALEK/THE CANADIAN PRESS

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Grouse Mountain

Gondola stuck mid-air for hours

Electrical issues trapped 38 passengers on Grouse Mountain's gondola for more than three hours on Friday afternoon.

The Red Super Skyride stalled at around 1:20 p.m. but could not be immediately fixed because staff needed input from the Swiss electronics supplier, according to a company statement.

Eventually, the maintenance team manually moved the tram and returned passengers to the station. METRO

Surrey

House gets shot at again

A Surrey home that was targeted in a drive-by shooting early Sunday is the same house where shots were fired on Thursday.

RCMP say no one was injured in either incident at the home in Whalley near 95th Avenue and 126th Street.

The incident marks the seventh shooting in Surrey in the past week, but RCMP say it's too early to link them all together. THE CANADIAN PRESS

Kamloops. Mounties cleared in death of Tasered man

Kamloops Mounties have been exonerated in connection with the death of a man at Royal Inland Hospital last summer.

The victim was Tasered in an unsuccessful attempt to stop him from jumping from the third level of the hospital's parkade.

The Independent Investigations Office of B.C.'s report, authored by civilian director Richard Rosenthal, has found RCMP officers did not commit a criminal offence.

A report to Crown counsel will not be forthcoming following a probe that included interviews with three Mounties and four witnesses.

The incident occurred on June 11, 2014, when an 18-year-old patient at the hospital left the building in a distraught state.

Responding Mounties spoke with him for about 40 minutes before he was Tasered, but officers told IIOBC investigators the weapon had no effect.

"The CEW (conducted electrical weapon, or Taser) ended up being ineffective and the affected person 'began fighting' to get away," Rosenthal wrote in his report.

"Subject officers 1 and 2 attempted to gain control; however, the struggle lasted mere seconds before the affected person broke free. The affected person ran and went over the ledge.

"Subject officer 2 was faced with making a split-second decision. As long as it appeared that the effective deployment of the CEW allowed for the affected person to be taken into protective custody, the decision to deploy the CEW at that moment could not possibly constitute wanton and reckless disregard for human life or safety," Rosenthal wrote.

"In fact, there is no reason to believe that the deployment of the CEW was for any purpose other than attempting to ensure that the affected person was no longer in a position to self-harm.

"The tragic result of the unsuccessful deployment was that the affected person reacted and jumped from the parkade. It is impossible however to know what actions the affected person might have taken if no attempt, other than negotiation, was made to ensure protective custody." THE CANADIAN PRESS

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Decision time on transit

With the first plebiscite ballots delivered today, the region's residents finally have their chance to say "Yes" or "No" to a proposed 0.5 per cent Metro Vancouver Congestion Improvement Tax to pay for transit upgrades. Here's one last look at what's on the table and what you should consider before casting your vote. BY MATT KIELTYKA/METRO

Vancouver
A $1.98-million extension of the existing Millennium Line is planned in Vancouver, in the form of a subway along the Broadway corridor to Arbutus, as a solution to existing crowding and lineups on the 99 B-Line and traffic along one of the region's busiest transit corridors.
Surrey
Three light-rail transit lines (along 104th Avenue, King George Boulevard and Fraser Highway) are planned for Surrey, which is slated to attract more than 25 per cent of the region's new residents and jobs over the next 30 years. If the "Yes" vote fails, Mayor Linda Hepner has promised to build two lines by 2018 anyway using development fees as a Plan B.
Transit improvements
Before any of the attention-grabbing, big-ticket items get off the ground, the mayors plan to first implement region-wide road and transit improvements. Those include 11 new B-Line bus routes, 25 per cent more bus service, 50 per cent more SeaBus service, 220 new SkyTrain and Canada Line cars, 2,700 kilometres of bikeways and $750 million for road maintenance and upgrades.
Pattullo Bridge
A $980-million, four-lane tolled bridge is slated to replace the Pattullo Bridge, which first opened in 1937 and is currently in need of $100 million in upgrades and rehabilitation. According to the mayors' plan, the toll could one day be replaced by region-wide road pricing. This is a project the "No" side argues should, and would, happen regardless of the plebiscite's outcome.

YES

Vote "Yes" to keep Vancouver the most livable city in the world

GREGOR ROBERTSON
Mayor of Vancouver

An important vote starts today, and it's a pivotal choice for the future of our communities, our economy and our environment. With one million more residents living here by 2040, I hope you'll join me in voting "Yes."

Voting "Yes" for the Mayors' Plan will cut traffic congestion by adding more bus and train service and fixing road bottlenecks that slow us down.

The plan is affordable and it will benefit people living and working in every part of our region, regardless of how we get around.

Voting "No" is not a vote for the status quo. It is a vote to cut service per person: fewer buses, less SkyTrain service and less SeaBus service, because there won't be any funding for the current system to grow as the population increases.

Voting "Yes" means that every single cent will go to reducing your commute times with more buses, trains and better roads. All the money will be managed in a fund separate from TransLink, with a new public accountability committee led by Jim Pattison.

Ultimately, this referendum is a basic choice:

A "Yes" vote means less time stuck in traffic, less pollution and investing 35 cents a day to reduce your overall transportation costs.

A "No" vote means no new transit service and therefore more traffic gridlock, more pollution and higher transportation costs for many residents due to heavier car use.

Vote "Yes" to keep Vancouver the most livable city in the world and make life more affordable!

"ULTIMATELY, THIS REFERENDUM IS A BASIC CHOICE"
Mayor Gregor Robertson

NO

TransLink is very good at one thing: raising taxes ... Tell Translink "No"

JORDAN BATEMAN
B.C. Director of the Canadian Taxpayers' Association

TransLink does not deserve your trust — and certainly does not deserve to take an extra $258 out of your family's pockets each and every year.

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The TransLink mayors didn't need to push for a regressive sales-tax hike, which hurts the poor more than the wealthy. They could have funded their entire plan by simply earmarking 0.5 per cent of their projected 4.8 per cent revenue growth over the next 10 years (see www.notranslinktax.ca/betterplan).

Plan B exists. The mayor of Surrey has said she has a Plan B for light rail in her city. The Pattullo Bridge is a toll bridge either way — it doesn't need this tax hike to be built. A more efficient, better-run TransLink would allow money to be reallocated to other transit priorities.

TransLink is very good at one thing: raising taxes. Gas taxes, tolls, parking taxes, property taxes — TransLink has increased all of them several times after they were introduced. This sales tax, which will be here forever, will be no exception.

Tell TransLink "No."

Blind artist swaps cane for a marching band, bubble wrap

Artistry. Despite visual impairment, Carmen Papalia enjoys finding new ways to get around

THANDI FLETCHER
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Blind artist Carmen Papalia has never liked using a white cane, so one day he decided to ditch it — for a marching band.

Since his vision became impaired, the Vancouver-based artist has enjoyed swapping his cane in favour of new and novel ways of getting around.

"I've always been uncomfortable with the symbol of the white cane," he told Metro. "I'm more interested in identifying myself in a way that suits me instead of relying on given words."

From leading a line of people on an eyes-closed walking tour through Vancouver to creating a white cane five metres long, Papalia's public-art projects — a practice he calls "creative way-finding" — have earned him accolades in the art world.

Now an artist-in-residence at London's Victoria & Albert Museum, Papalia is developing a series of art installations for the world-famous institution.

One of those installations uses packing materials such as bubble wrap placed around items throughout the gallery as a "way-finding system," he said.

"It's a material that's so tactile and it's fun but it's also for protecting," he said, laughing. "I'm constantly bumping into things, so not only do I need to cushion that impact for myself but sometimes for the things around me."

Papalia came up with the idea after his last birthday when a friend gave him a bottle of beer wrapped in bubble wrap. Then, when he moved to London in January, he came across "blister paving," a system of textured ground surface indicators that serve as an aid for visually impaired people.

Vancouver artist Carmen Papalia, who is blind, leads an eyes-closed walking tour in 2012. Papalia produces participatory art projects that explore ideas of access with regard to public space, the art institution and visual culture. COURTESY JORDAN REZNICK

"It's basically like concrete bubble wrap that doesn't pop," he said. "Those ideas connected for me."

His loudest project to date, however, was two years ago when he went for a walk in Santa Ana, Calif., with a high-school marching band in tow.

For six months, Papalia worked with the band over Skype, creating music that would help guide him through his first walk across the city. As he navigated the streets, he said the music would mirror his surroundings to warn him of obstacles.

"It was really fun," he said. "Not only was it kind slapsticky and funny but it just kind of all came together and we started walking together as a single organism."

A graduate of Simon Fraser University, Papalia said his goal as an artist is to introduce audiences to experiencing the world in a non-visual way.

"I didn't go blind. I chose not to see," he said. "Your sense of spatial scale shifts when you're closing your eyes — when vision isn't framing your experience."

VANCOUVER **FASHION WEEK**

Vancouver Fashion Week hits the runway

Queen Elizabeth Plaza. VFW, which claims to be fastest-growing fashion week, will feature made-in-B.C. designs as well as global talent

THANDI FLETCHER
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Dust off your finery and start planning outfits, fashionistas.

Vancouver Fashion Week's opening gala gets underway Monday, kicking off a week of runway shows with designers presenting their 2015 fall and winter collections.

This year, more than 50 designers are scheduled to showcase their work at the home of fashion week, Queen Elizabeth Plaza.

While some established designers are mainstays on the VFW lineup, Jamal Abdourahman, the event's founder and producer, said this year's theme is all about emerging talent.

"People always ask me, 'Who's your headliner?' I'm not interested in a headliner," he told Metro. "I'm interested in the next influencers, the next coolest, the cutting-edge designers."

This year's roster features a mix of made-in-B.C. brands, such as Allison Wonderland, Eliza Faulkner and Grandi's Atelier, as well as fresh global talent, from South Korea's YKS and Nasty Habit to Japan's Atsushi Nakashima, Chile's Sofia (who has relocated to Vancouver), and Nadia + Zehra, twins who hail from London, U.K., but design their pieces in Italy.

Local designer Shelley Klassen of Blushing Designs, who has taken part in VFW since 2003 and is showcasing her collection Thursday, said the bi-annual event, has helped "put Vancouver on the map for fashion."

New talent

"I'm interested in the next influencers, the next coolest, the cutting-edge designers."
Jamal Abdourahman, VFW founder and producer

"It creates a buzz and it builds excitement," she said. "It's a great way to get excited about fashion in Vancouver. This city, it needs to be a little more savvy in that regard."

More than 25,000 guests are expected to attend VFW, including a swarm of socialites and celebrities. Past VIP attendees have included Twilight stars Kristen Stewart and Robert Pattinson, Alanis Morissette, Sam Roberts and the cast of the Real Housewives of Vancouver.

Abdourahman said VFW has become the fastest-growing fashion week in the world — an impressive feat from the event's humble beginnings in 2001.

"It evolved from small nightclub shows," he said. "That's what we did because we couldn't afford a venue. Now it's under the tent, and our tent is better looking than New York or London."

While the event has come a long way, Abdourahman said he does face some challenges in getting Vancouver recognized on the same level as the big four: New York, London, Milan and Paris.

While he admits the city is a relatively small player in the fashion world, Abdourahman said the immense success of two B.C. brands is proof that it is possible for local designers to make it big.

"Lululemon and Aritzia have shown us that you can do it here, and they're competing on a global scale," he said. "Just like everything else, it takes time."

Jamal Abdourahman, founder and producer of Vancouver Fashion Week, says this year's theme is all about emerging talent. While there will be some established designers on rosters, the week is about showcasing new talent. JENNIFER GAUTHIER/FOR METRO

Three to watch:

An up-and-comer

Fuzzy pink wool isn't a fabric typically associated with Eliza Faulkner.

But this season, the Duncan, B.C.-based designer said it's her favourite item among the 18 looks she'll be showcasing when she closes Vancouver Fashion Week on Sunday.

"I just love it," she told Metro, adding with a laugh: "It's probably not going to sell well, but I just bought it for myself."

Faulkner's designs embody a design esthetic dubbed "elegant sportif," which combines clean lines and feminine silhouettes with "sporty details, like pockets in skirts and dresses."

Faulker trained at Central St. Martin's College of Art & Design in London where she gained experience working in the studios of Erdem, Zandra Rhodes, and Roland Mouret. In 2012, she decided to launch her namesake label after returning home to Vancouver Island.

Runway royalty

Fashion designer Michelle Lesniak is making her Vancouver Fashion Week debut this year.

Since winning Project Runway two years ago, Lesniak, who is based in Portland, Ore., said her business has been blossoming. Taking part in VFW only made sense as part of the next step of growing her business, she said.

"The next city outside of Portland is Seattle, and the next city outside of that is Vancouver," she said. "I feel like they're all kind of sister cities."

Lesniak said her sudden success after being crowned reality TV royalty served as a strong influence on her latest collection, which hits the runway Saturday. Entitled Falling Upwards, she said the line is based on the romance of hot air ballooning.

"It's really light and airy, but it's also a little bit of feeling out of control," she said.

The festival fashionista

Vancouver designer Julia Hoover describes herself as a "yogi at heart."

It's no surprise then Hoover's love of yoga influenced her fashion line, Jackson Rowe.

"It's a lot of pieces that are easy to throw on after yoga," she told Metro.

A resident of Kitsilano, Hoover said she aims to design clothes that are fashion-forward and flattering, but also functional.

One example, on which Hoover built her business, is an oversized scarf that can also be used as a blanket.

Her strongest style inspiration? The bohemian chic style often dubbed "festival fashion."

"I'm so inspired by music festivals," she said. "It's always something fun to look at it."

Politics. Senators' anxiety builds over ongoing audit

Single phone calls, sandwiches eaten during committee meetings, postage stamps — the smallest details have come up for review in the auditor general's study of Senate expenses.

Senators of all political persuasions have been taken aback by the strength of the microscope fixed on their office, travel and living expenses, as well as claims submitted by staff.

And it hasn't just been the types of questions that have ruffled feathers, but also the level of access afforded to auditor general Michael Ferguson's staff — some 40 auditors in any given month, his office said. They've been able to delve into the emails of senators and cellphone records.

For example, the auditor general's office has been cross-referencing daily expense claims with activities to verify if the upper chamber really needed to pay for a lunch or whether one was served in a meeting or on a plane trip.

The angst has been building steadily in the Senate as the final report draws closer.

Some have decided to fork over the cash before the report comes out — $185,677 was reimbursed to the public purse by unnamed individuals in the 2013-14 fiscal year alone, not including monies returned by embattled senators Mike Duffy, Pamela Wallin and Mac Harb.

Many senators complain bitterly that the auditor general's office has not shown a good understanding of what constitutes Senate business and the daily work they do.

A major source of anxiety is over the type of travel that senators do on a weekly basis. How much time do they spend in their Parliament Hill office and why? What does normal travel look like in their home provinces?

An update of the travel policy was instituted in the summer of 2012, with an appendix noting that "speaking engagements or attendance at fundraising events other than those organized by the Senate" did not qualify as an expense.

All of this confusion will also be hashed out in the upcoming trial of Sen. Duffy, which involves several charges linked directly to his travel and living expenses. **THE CANADIAN PRESS**

Snow blankets east coast

A Montrealer walks down the street during a snowfall Sunday. The last official week of winter started with a bang in the Maritimes as well, with a storm ripping through all three provinces and paralyzing parts of the region. Roadways closed, many flights were cancelled and police throughout the region advised people to stay home if at all possible. An accumulation of 20 centimetres is expected overnight in much of New Brunswick and P.E.I. PAUL CHIASSON/THE CANADIAN PRESS

Ontario. NDP bill seeks to ban conversion therapy

During her formative years as a transgender woman, Erika Muse says, she was subjected to conversion therapy, which left her depressed, suicidal and with a mere lingering shred of self-esteem.

The treatment is roundly condemned but still practised by some, says an Ontario New Democrat seeking to make the so-called therapy illegal. Cheri DiNovo's private-member's bill would ban any attempt to change the sexual orientation or gender identity of someone 18 and under.

"The sessions were not therapeutic but abusive," Muse says. "They led to trauma about my body and a lack of faith in myself."

Muse says her therapist billed under OHIP — Ontario's health-insurance plan — not specifically for conversion therapy but for general therapy.

DiNovo wants to ban conversion therapy for anyone 18 and under and delist it from OHIP for those over 18.

But Health Minister Eric Hoskins said there is no OHIP coverage for that type of therapy. He spoke in supportive terms of DiNovo's efforts but said there are already measures in place to crack down on inappropriate practices.

"I would encourage any patient or individual that is aware of a health-care provider providing this type of intervention that they report that individual," he said last week.

The bill, which is up for second reading at the Ontario legislature on April 2, would allow someone like Muse to bring a complaint forward and the therapist could be charged, DiNovo said.

"Lesbian, gay, bisexual, trans, two-spirited or queer is who one is," DiNovo said. "To tell a child that who they are is wrong, we consider abusive." **THE CANADIAN PRESS**

Quoted

"The sessions were not therapeutic but abusive. They led to trauma about my body and a lack of faith in myself."
Erika Muse

Suspect claims shots off-target, says prosecutor

Ferguson. Authorities don't 'buy' that suspect was aiming at someone other than two officers

A 20-year-old man charged Sunday with shooting two police officers who were keeping watch over a demonstration outside the Ferguson Police Department had participated in the protests earlier that night, police said.

St. Louis County prosecutor Robert McCulloch said Jeffrey Williams told authorities he was firing at someone with whom he was in a dispute, not at the police officers.

"We're not sure we completely buy that part of it," McCulloch said, adding that there might have been other people in the vehicle with Williams.

Williams is charged with two counts of first-degree assault, one count of firing a weapon from a vehicle and three counts of armed criminal action. McCulloch said the investigation is ongoing.

The officers were shot early Thursday as a crowd began to break up after a late-night demonstration that unfolded after Ferguson Police Chief Tom Jackson resigned in the wake of a Justice Department report that found widespread racial bias in the police department.

"He was out there earlier that evening as part of the demonstration," McCulloch said of Williams.

McCulloch said Williams used a .40-mm handgun, which matches the shell casings at the scene.

Williams, who is black, is being held on $300,000 bond.

The two injured officers were released from hospital later Thursday.

THE ASSOCIATED PRESS

Four years since start of anti-Assad uprising

Anti-Syrian-government protesters act as prisoners killed in Syrian government jails, part of a protest to mark the fourth anniversary of the Syrian uprising, at the Martyrs' Square in downtown Beirut, Lebanon, on Sunday. Before the civil war started in March 2011, an estimated 22 million people lived in Syria. More than 3.8 million Syrians have fled their country in the four years since the uprising against President Bashar Assad began.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Brazil

Death toll in bus crash rises

The Brazilian government raised the death toll of a bus accident to 54 while police continued their search for more victims Sunday in the rugged lands of southern Brazil.

The bus plunged 1,300 feet down a mountain near the city of Joinville on Saturday. THE ASSOCIATED PRESS

Britain

Alleged would-be militants sent back

British police said three males, two 17-year-olds and a 19-year-old, have been deported from Turkey and arrested on suspicion of planning terrorist acts. Their names haven't been released.

The trio left Britain several days ago, travelling to Spain and then flying to Turkey. They were detained in Istanbul on Friday after British officials notified Turkish authorities.

THE ASSOCIATED PRESS

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China. Premier promises to keep reducing red tape

Premier Li Keqiang expressed determination Sunday to press ahead with reforms meant to reduce the government's role in the Chinese economy in hopes of spurring growth — despite what he acknowledged would be pain for "vested interests" that benefit from regulation.

"This is not nail-clipping. This is like taking a knife to one's own flesh," Li said after the close of China's annual legislature in Beijing.

During his only news conference of the year, the premier repeated pledges to reduce requirements for government approval of new businesses.

At this year's session of the National People's Congress, the government lowered the official economic growth to 7 per cent from last year's 7.5 per cent and promised to maintain employment levels, fight corruption and curb pollution. THE ASSOCIATED PRESS

Heart health

Experimental cholesterol drug shows promise

New research boosts hope that a highly anticipated, experimental class of cholesterol drugs can greatly lower the risk for heart attacks and other heart-related problems.

Studies presented Sunday at a cardiology conference in San Diego suggest that people taking one of these drugs had half the risk of dying or suffering a heart problem. Side effects, especially whether they can harm thinking and memory, remain a question.

One of the drugs is being developed by Amgen Inc. and the other by Regeneron Pharmaceuticals and Sanofi. The Food and Drug Administration will decide this summer whether to allow them on the market. THE ASSOCIATED PRESS

Pipeline network expands as Keystone fight drags on

Oil industry. Network has increased by a quarter over the last decade, and new capacity now dwarfs the Keystone project

In a far corner of North Dakota, just a few hundred kilometres from the proposed path of the Keystone XL pipeline, 84,000 barrels of crude oil per day recently began flowing through a new line that connects the state's sprawling oil fields to an oil hub in Wyoming.

In West Texas, engineers activated a new pipeline that cuts diagonally across the state to deliver crude from the oil-rich Permian Basin to refineries near Houston. And in a string of towns in Kansas, Iowa and South Dakota, local government officials are scrutinizing the path of pipeline extensions that would pass nearby.

While the Keystone project awaits a final decision, scenes like these are unfolding almost every week in lesser-known developments that have quietly added more than 18,600 kilometres of pipeline to the nation's domestic oil network.

About 3.3 million barrels per day of capacity have been added since 2012 alone — five times more oil than the Canada-to-Texas Keystone line could carry if it's ever built.

The pipeline build-out provides a little-noticed counterpoint to the fierce political battle being waged over the 1,900-kilometre TransCanada project, which is still in limbo seven years after it was proposed. During the long wait for Keystone, the petroleum industry has pushed relentlessly everywhere else to get oil to market more efficiently, and its adversaries have been unable to stop other major pipelines. THE ASSOCIATED PRESS

Paul Stolen, a retired state biologist now working with groups opposing an Enbridge project in Minnesota, says he thinks the number of pipeline projects will only multiply-. MINNEAPOLIS STAR-TRIBUNE/THE ASSOCIATED PRESS FILE

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VOICES

NO SPRING BREAK FOR SCHOOL BOARD

The provincial government has an unnatural hate-on for education, Trish Kelly writes — and it's not only the VSB who's suffering

CITY HOLLER
Trish Kelly

Have you ever struggled to make ends meet? It's a terrible feeling when the numbers won't add up, and you have to make a hard decision about what vital thing to cut from your budget.

Nothing feels worse than that pinch of not having enough to cover the basics. A different kind of awful is being told your inability to do the impossible is your own fault. That's how it feels to be a school trustee in Vancouver right now.

In February, the Vancouver School Board prepared a preliminary budget that indicated underfunding will leave them with a $15-million shortfall. Unlike you and me, school boards in B.C. have no option to slide into deficit; they must submit a balanced budget by June 30 each year.

The board notified Education Minister Peter Fassbender that it was looking bad. On March 12, Fassbender held a news conference in Victoria to announce an audit for the Vancouver School Board. The minister will appoint a third-party adviser to review the school board's budget methodology and fiscal forecasts.

For Fassbender, the problem is how the Vancouver School Board spends its pennies, not that the budget is inadequate.

B.C. has the second-lowest funding per student across the country. It's been that way for years and, for the school board, hearing the provincial government blame it for making bland stone soup is nothing new. In 2010, the public board, already underfunded, faced a shortfall and some very bleak budget choices — including school closures and raising rents on daycares.

Parents were panicking, and the trustees explained the issue of funding was out of board's hands. Parents started calling their local MLAs and the Minister of Education. Upset parents, making pesky calls to their MLAs to say, "Hey, fund my kid's school adequately!"

... And then, boom: Audit.

What did the board do this time to inconvenience the provincial government? Well, it did notify the minister of its concern about a potential shortfall.

A few weeks later, they also notified the minister that they'd hired Pricewaterhouse-Coopers to look over their books and suggest options for finding the $15 million they need.

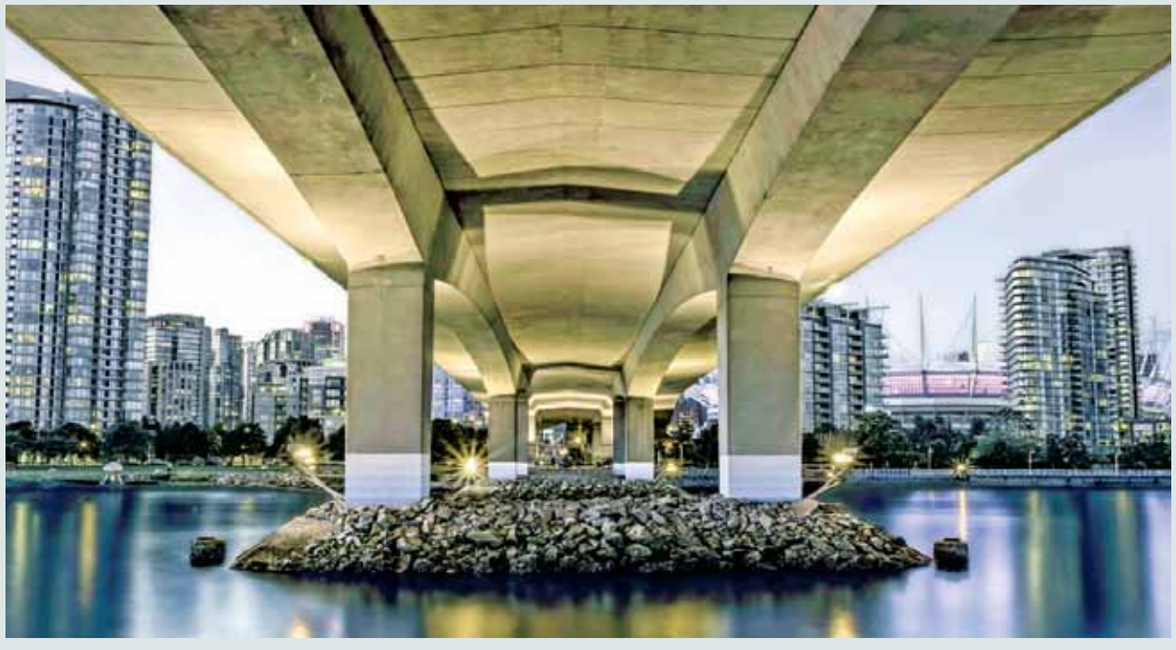
The province's punitive audit announcement has to be especially hard for the new board chair, Christopher Richardson. Along with Green trustee Janet Fraser, he had hoped ousting Patti Bacchus as chairwoman was going to improve the dynamic between the provincial government and the Vancouver School Board.

Bacchus wasn't the problem.

The truth is, our provincial government has an unnatural hate-on for education. Vancouver isn't the only school board suffering, but with a history of standing up to the province, we're the first to get spanked for speaking up.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc.

Your Vancouver



False Creek at dusk

Photo submitted by Metro reader Jamie Milkovich

False Creek and the underside of the Cambie Street Bridge are seen at dusk, with B.C. Place glowing violet in the background.
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Upcoming

TED 2015

On Monday, the annual TED conference gets underway at the Vancouver Convention Centre. The theme of this year's event is Truth and Dare. Along with the talks, TED2015 includes art exhibits, demonstrations and conversation break. Former White House intern Monica Lewinsky is among this year's speakers. METRO

Terror Trial

A Supreme Court trial continues Monday for John Nuttall and Amanda Korody, who are charged with conspiring to blow up the B.C. legislative building in the midst of Canada Day festivities in 2013. The trial runs through to the beginning of April. METRO

Senate page

The "Stop Harper" senate page, Brigette DePape, appears for a Council of Canadians' Get Out the Youth Vote event Monday at 4 p.m. at the Downtown campus of Simon Fraser University. METRO

American Ambassador

On Thursday, the U.S. Ambassador to Canada Bruce Heyman will speak at a business breakfast in Vancouver on advancing shared Canadian-U.S. priorities. METRO

Boink Day

Spring Advertising is holding a "boink" day pogo stick challenge outside the Vancouver Art Gallery on Friday to raise money for the Greater Vancouver Food Bank Society. For each "boink" performed, Spring Advertising will donate 10 cents. METRO

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SHOWSTOPPERS

Junos highlights. Kiesza, The Weeknd, Arkells win multiple awards, but Alanis Morissette steals show

Kiesza took a gentle turn at the piano before exploding into the fleet-footed fury of Hideaway. THE CANADIAN PRESS

Besides legend Alanis Morissette, who was this year's top winner at the Junos?

There was the absent Leonard Cohen, Montreal's bard of blackness, whose gold-certified Popular Problems took the evening's top prize for album of the year, thus giving him six career Junos and continuing his unlikely late-career creative renaissance.

Or perhaps the year's crown jewel was Calgary's Kiesza, winner of her first three career Junos after her irrepressible one-take, Brooklyn-shot video for Hideaway — a throaty ode to '90s house — catapulted her to unlikely worldwide success.

Before she claimed her award for breakthrough artist of the year, she took a moment to seemingly offer support to 16-year-old fellow nominee Shawn Mendes (backstage, she called him "such a sweetheart" and testified that he was a deserving winner: "That kid did it all on his own").

"I'm shaking. I'm a little nervous," she said as she accepted her award. "Thank you to all my fans.... Thank you for all the support this past year."

The Junos also proved to be believers in Magic!, the evening's leading nominees whose reggae-redolent smash Rude landed the Toronto quartet awards for single of the year and breakthrough group of the year.

They performed the song, too — married as it was to new single No Way No — and frontman Nasri Atweh was air-conditioner breezy both while singing and speechifying.

Magic! and Kiesza weren't the only Juno newcomers to make their presence felt.

Although The Weeknd (the moniker for master of grim seduction Abel Tesfaye) of Toronto had won two awards in prior years, he performed for the first time — crooning his pitch-black 50 Shades of Grey tune Earned It on a dimly lit stage, illuminated by sparse light bulbs — and claimed the biggest Juno of his career for artist of the year, in addition to R&B/soul recording of the year.

The typically publicity-averse 25-year-old allowed his speaking voice a rare cameo when he accepted the show-closing award.

"Um, I'd like to thank the Junos, of course," he said. "I want to thank Canada, man, thank you guys. I wouldn't be here without you. Thank you."

And in performances, Mendes put in a winsome acoustic performance of Life of the Party, electro-pop songwriter Lights teamed with Sam Roberts to flash through her Up We Go and his We're All In This Together and mega-popular dance producer Deadmau5 and Colleen D'Agostino powered through a funky, laser-focused (and enhanced) Seeya.

THE CANADIAN PRESS

Inuk throat singer Tanya Tagaq procured her first Juno for aboriginal album of the year for Animism, which also won the Polaris Music Prize. THE CANADIAN PRESS

Arkells do swell

Hamilton favourites Arkells won group of the year as well as rock album of the year.

Bliss for Alanis

Alanis Morissette received her induction into the Canadian Music Hall of Fame.

Weeknd double

Toronto alt-R&B paramour The Weeknd won artist of the year, as well as R&B/soul recording of the year for his hit, Often.

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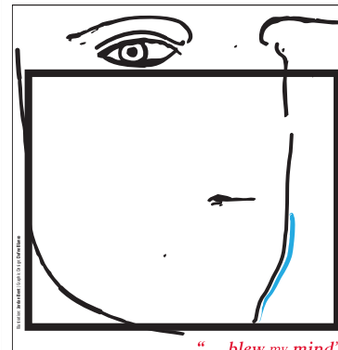

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NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Celebs call out D&G's gay-parent snipe

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents, and certain big names are none too happy about it.

"We oppose gay adoptions. The only family is the traditional one. No chemical offspring and rented uterus: life has a natural flow, there are things that should not be changed," Gabbana declared during an interview with Italy's Panorama magazine. Dolce had some choice words as well: "You are born to a mother and a father — or at least that's how it should be," he added. "I call children of chemistry synthetic children. Uteri (for) rent, semen chosen from a catalogue."

Needless to say, Elton John was not pleased. John's two children were conceived by in vitro fertilization. "How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram. "Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever again."

Courtney Love chimed in as well, posting that she wants to burn all her Dolce and Gabbana goods. "I'm just beyond words and emotions," she tweeted.

Gabbana said in a statement Sunday that "it was never our intention to judge other people's choices." Dolce says he was expressing his view about family based on his experience, and that he is aware that other types of families are just as legitimate. **WITH FILES FROM THE ASSOCIATED PRESS**

"Your archaic thinking is out of step with the times, just like your fashions."

Singer Elton John, in response to comments made by designers Domenico Dolce and Stefano Gabbana

Stefano Gabbana (left) and Domenico Dolce are in hot water over remarks they made to an Italian magazine last week about gay adoptions and in vitro fertilization. ALL PHOTOS GETTY IMAGES

Miley and Patrick's love is infectious

Miley Cyrus' relationship with Patrick Schwarzenegger is getting "very serious," sources say. And as luck would have it his sister, Katherine Schwarzenegger, is totally on board with that idea.

"I think they're adorable," Katherine tells Extra. "If my brother's happy, I'm happy and that's all that matters to me. You just want your sibling to be happy, if they're with someone who makes them happy and in a happy healthy relationship then I'm happy."

Man, she really likes the word happy.

Heather Mills thinks she's bigger than Paul

Heather Mills insisted when she appeared on the Late Late Show that she didn't want to talk about ex-husband Paul McCartney, but she's got a funny way of showing it.

"This is just someone I fell in love with who to me was a normal guy that happened to write a few cool songs in the '60s and a few in the '70s," she says. "Like everyone that's a partner, you fall in love, you get married, you sometimes go, 'Oh my God, this is completely wrong' and you wake up and move on. I once divorced somebody that I once loved, and then I was abused for it." Oh, and by the way,

she's way more popular with the kids these days than McCartney, so there: "When I go down the street, it's 'Oh my God, you're a ski-racer' or 'You help the animals.' You know, I own the biggest vegan company in the world," she boasts. "If I go down the street, all I get is kids coming up to me. Half of them don't even know who he is. That's why he's got to do songs with Rihanna and Kanye West, so people remember."

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Guys, Biebs has feelings too

Justin Bieber really wants you to like him again. After being the butt of the joke for hours during the taping of his Comedy Central roast, the 21-year-old Canadian singer gave a contrition speech.

"I turned a lot of people off over the past few years, but I know I can still turn out good music and turn everything all around," said Bieber, whose music has been overshadowed by his offstage antics, which include reckless driving, public urination and throwing eggs at a neighbour's home.

"I've lost some of my best qualities. For that, I am sorry," he said.

"I'm looking forward to being someone who you guys can all look at and be proud of."

It was a sweet ending to a night of sharp barbs aimed as much at Bieber as the rest of the roasters. Hosted by Kevin Hart, the Comedy Central Roast of Justin Bieber, taped Saturday at Sony Studios, also features Snoop Dogg, Shaquille O'Neal, Martha Stewart and Ludacris. It's set to premiere March 30.

"This is like suicide. Why would you do it?" Hart asked the singer, whom he described as a "huge success that confuses everybody over 14." **THE ASSOCIATED PRESS**

Bargain shopping gone berserk

A good deal? Sale shopping can be a good cover for the compulsive spending that's draining your bank account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

All those shopping bags might be weighing you down in more ways than you realize. ISTOCK

Who doesn't love a good sale? But when bargain hunting, coupon clipping, or mastering the deal becomes the objective, you and your budget are likely headed for big trouble. If you catch yourself saying, "But it was such a deal!" it's time to think twice.

If you're spending money you don't have — if you're putting it on credit and not paying it off in full by the end of the month — it's not a deal. If you're buying something you don't need, it's not a deal. If it takes you three weeks, three months, or never to put what you bought to use, it's not a deal.

A deal is buying the snowsuit your child is going to wear next winter on sale at the end of this winter at 70 per cent off. A deal is picking up a new book you know your sister is dying to read — for half price. A deal is getting something you really need or want at a significant saving, and being able to pay for it in cash.

Shopping for bargains has become a social disease. So how do you know if you've been bitten? Here are three clues:

Your home is jammed to the rafters with stuff.
Chronic bargain shopping is often unconscious spending, so you may not even know you're doing it. Take a look around. How much of the stuff you bought is sitting unused?

Your favourite phrase is "It was on sale?"
All of us fall prey to impulse shopping from time to time. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so, even with a whopping salary, they're a centimetre away from destitution.

Acquiring something new makes you feel happy.
As counterintuitive as it may seem, some people become chronic bargain shoppers out of a fear of poverty. It can be a self-esteem thing, too. If you have to have the latest fashions and accessories to feel you're admired, your self-esteem issues are showing.

People who can't pass up a good sale even if it's on something they don't want, need, or even particularly like aren't smart bargain buyers, they're compulsive shoppers. Scoring deals helps them to ease their insecurities and feel more competent and in control. And they rationalize their purchases as something good they are doing for themselves or their families.

A study by Norwich Union Insurance in Britain in late 2007 showed that 17 per cent of Brits spent more than planned because they couldn't resist a bargain, and almost a quarter of them could justify buying more because of a low price tag. In fact, nearly a third got such a buzz bargain shopping that they were always on the look out for the next hit.

The next time you find yourself sidling up to the cash register with a bargain in hand, ask yourself:

- Do I need it?
- How will I pay for it?
- What will I do with it?
- What would happen if I waited?

Better yet, get yourself a small notebook and promise you'll never again shop without a list. In this notebook, keep a list of the things you need and want. If you find a bargain, look at your list to see where that item is. If it's at or near the top of your list in terms of priority, and you have the cash on hand, buy. If not, walk away.

You'll accomplish a whole bunch of things with a list book. You'll keep yourself on track, looking only at things you know you need or want, and you'll prioritize your spending.

Are you a bargain junkie?

Do you...

- Hit sale and clearance racks when you're feeling sad or mad?
- Spend more than you can afford?
- See sales as opportunities you just can't pass up?
- Walk out of stores with things you hadn't expected to buy?
- Routinely forget what you bought and find things in your closet with the tags still on?

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Advice

Don't be Oliver Twist when it comes to your pay

OFFICE SPACE
Eleni Deacon
life@metronews.ca

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Dear PSIWSM,
Although your pseudonym is cute, performance meetings are no time to channel malnourished Dickensian orphans. When asking for a bump to your pay stub, ditch timidity for tenacity. To build your confidence, review your concrete achievements from the past three years. What assets have you brought to your company? Knowing your spiel won't just settle your nerves — it will also make your claim more persuasive.

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Do you have what it takes to be a leader?

Career building. If you plan on moving up the ladder, you need to be proactive and take risks

LAKSHMI GANDHI
Metro in New York City

Volunteering to present at a conference is a great way to broaden your network. ISTOCK

Read any career book or blog, and there will likely be a section on the importance of developing your leadership skills in order to move ahead in your career. What's often less clear (especially to younger workers) is how to best go about doing that.

"Rather than just saying something like, 'My job as a receptionist is just to let people through,' you should be using your job as a platform and take more things on," says Herminia Ibarra, the author of Act Like a Leader, Think Like a Leader and an expert on leadership development. "That's how you move up."

Ibarra offers this advice for employees planning their next move:

Take risks

Oftentimes, Ibarra says, employees are hesitant about mixing things up when they are in charge of a project because of a fear of inauthenticity. "When you are in an unfamiliar role, you don't know what you want to be like," she notes.

"Taking more of a take-charge attitude and doing things like working your network and selling ideas almost seems like a violation of who you are."

Ibarra urges fledgling leaders to put those hesitations aside. "Whatever image you have in your mind of a leader is a caricature," she says. "You can say, 'I don't want to be that person, but I am going to make a commitment to explore outside my comfort zone.'"

Quoted

"Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture."

Herminia Ibarra, author of Act Like a Leader, Think Like a Leader

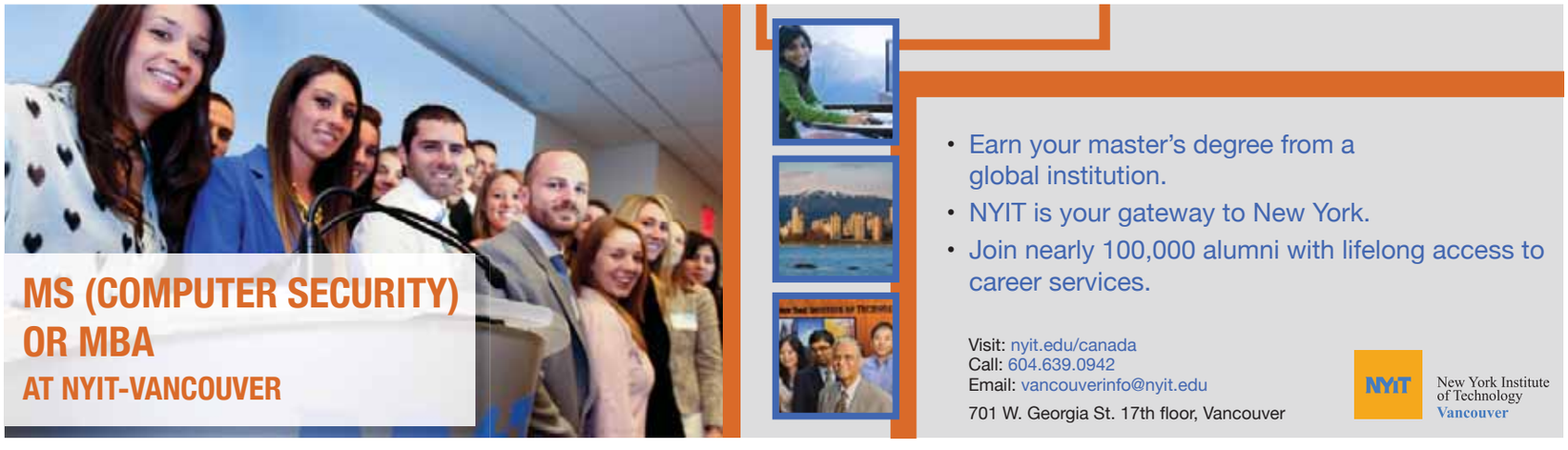
Expand your horizons

In addition to branching out within your company, Ibarra urges workers to lean on their networks. "Say you think you should become a better speaker or a better networker," she says.

"If these are things that don't come naturally to you, what I would do is find two or three role models — people you like or respect — and pull out one or two things that they do well and see if you can try that out yourself."

Do more than your job description

One trap that many people fall into, says Ibarra, is that they feel restricted by their jobs. "Try to see if you can expand the boundaries of your job," she urges. "Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture. Then, ask yourself how you can apply those skills to your job and learn to be more strategic."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Land a spot at your dream school

Applications. Families should start the post-secondary education talk early to ensure success

LAKSHMI GANDHI
Metro in New York City

Students have to be introspective so that they aim their applications at the right post-secondary institutions. ISTOCK

U.S.-based college admissions consultant Pria Chatterjee says it's really never too early for families to start talking about post-secondary schools with their kids.

"If a family's goal is to reach for the most competitive (schools), you have to start in middle school and start educating yourself in the landscape," she says.

But what about the students currently in high school who haven't seriously thought about university or college until now?

Chatterjee — the author of the new book The Dirty Little Secrets of Getting Into a Top College: An Insider's Guide to Admission into the Top 100 Universities & Colleges in America — (out on March 24) assures us it's not too late.

She offers students everywhere some pointers. The first is to work with what you have.

"You can't reinvent yourself (at this stage)," she says. "You take what you have and use it in the best possible way.'

Be introspective so you are aiming at the right post-secondary target. Chatterjee suggests concentrating on making sure your application package is as strong as possible.

Be realistic: Chatterjee also stresses that it's important for students to be honest with themselves about the type of schools they want to pursue.

If a less-competitive program or degree would be a better fit, but you are hell-bent on getting into the most-competitive program, your goals are not going to match, Chatterjee says.

Streamline your activities: If a student is already in Grade 10 or 11, Chatterjee warns them not to suddenly join every club to make up for lost time. "(Sophomore year) is really when you should be consolidating," she says. "Whether it's an instrument or drama or a sport, you should focus on that."

Family. Not all sniffles are worth a sick day

How do you know when you should keep your kid home from school?

While it may seem obvious, the decision can be difficult for it requires juggling the family schedule. Chicago pediatrician Dr. Hanna Chow-Johnson lays out guidelines to help parents do what's best for their child and his classmates.

Beginning with obvious cases such as fevers, many schools prohibit a child from attending until he's been fever-free for 24 hours. Same for stomach problems such as gastroenteritis or the stomach flu that can cause vomiting and diarrhea, says Dr. Chow-Johnson. "Children should not go back to school until both the vomiting and diarrhea are gone for 24 hours," she says. When it comes to colds, a minor cough is acceptable, but Dr. Chow-Johnson reminds parents to teach their children proper coughing hygiene, which includes coughing into a tissue or their elbow, accompanied by frequent hand washing. Believe it or not, something as simple as a sore throat may be reason enough to keep the child home. Children with strep throat are contagious and should not be in school until they have been on an antibiotic for 24 hours," she says. "If it is a viral infection, go by comfort level as far as returning to school." AFP

ISTOCK

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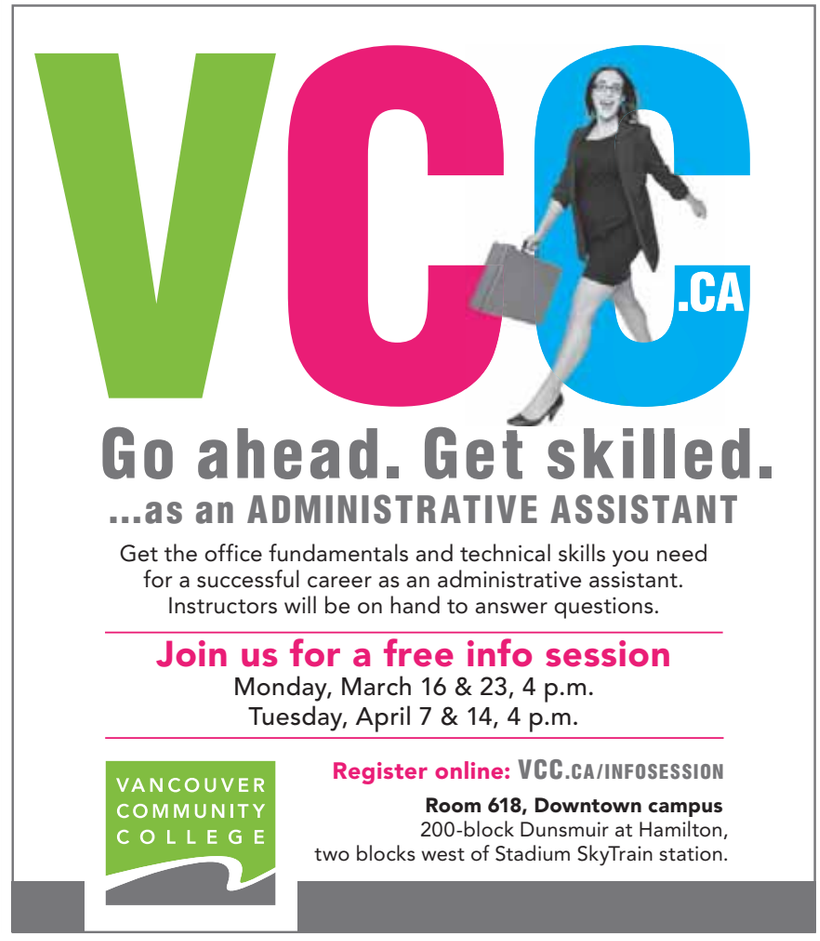
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ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Flank steak is one of the leanest cuts of meat you can eat and is absolutely delicious. I love it as a main course dinner for the family and especially for entertaining hard-to-please guests.

You can always substitute another lean steak such as top sirloin, New York strip or tenderloin.

Leftovers are great to eat at room temperature or as filling for sandwiches.

If you have time, a flank steak can be marinated for a couple of hours or overnight for a more tender result.

Light coconut milk is a fresh addition to this recipe and one quarter of a cup has only 40 calories and four grams of fat. Compare this to regular coconut milk, which has 136 calories and 14 grams of fat!

Directions

1. To make the sauce: In a large bowl, combine the coconut milk, lime juice, sugar, fish sauce, garlic, ginger, chili sauce and cornstarch.

2. In a nonstick skillet sprayed with vegetable spray, heat the oil over medium-high heat. Cook the onion for 5 to 8 minutes until lightly browned. Add bell peppers and sauté for 5 minutes. Set aside.

3. In grill pan or barbecue sprayed with vegetable spray and preheated to high, grill the steak for about 5 minutes per side for medium-rare or just until done to your preference.

4. Add the sauce to the vegetables and simmer for 5 minutes, until slightly thickened. Slice the steak against the grain and serve with the sauce. Garnish with cilantro.

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Ingredients

Thai sauce
- 1 cup light coconut milk
- 1/4 cup freshly squeezed lime or lemon juice
- 3 tbsp brown sugar, packed
- 2 tbsp fish or oyster sauce
- 1 1/2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp hot Asian chili sauce
- 2 tsp cornstarch

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 cups sliced red bell peppers

- 1 1/2 lb flank steak

Garnish
- 1/3 cup chopped cilantro or parsley

This recipe serves six. ROSE REISMAN

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2. All scholarship recipients MUST attend the award ceremony to accept the scholarships. Failure to attend the ceremony will be considered voluntary withdrawal from the scholarship to be awarded.
3. Canadian Fujianese Friendship Association office is temporarily closed. Current temporary address: 1258 West Broadway, Vancouver, B.C., V6H 0A9

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WHL

Giants beat Royals to stay barely alive in playoff race

Despite a much more spirited effort from the Vancouver Giants on Sunday, they may be two games too late to salvage anything from what has been a disappointing year.

In the finale of a three-game set against the Victoria Royals, the Giants defeated the team that shut them out the previous two nights by a score of 4-1 in Victoria on Sunday afternoon to end a nine-game losing skid.

Two minutes into the game, it looked like it was going to be another long night for the Giants, when Victoria opened the scoring off of the stick of Brandon Fushimi, who snapped the puck glove side past Vancouver goaltender Cody Porter.

Vancouver had not scored a goal in more than 120 minutes of play, until Thomas Foster came down the left wing and fired a wrist shot past Royals goaltender Justin Paulic. Jakob Stukel gave Vancouver the lead midway through the first period, which they took into the intermission.

The second period started off with Mason Geertsen one-timing a pass from Tyler Benson into the net, just 1:07 into the period.

Dmitry Osipov rounded out the scoring with under five minutes remaining in the second.

The win keeps Vancouver mathematically alive for playoff contention. The Giants have two games remaining this year, both against the Western Conference-leading Kelowna Rockets.

RYAN LEHAL/FOR METRO

Canucks can ill afford to take foes lightly

NHL. 9 of 14 remaining games are against teams out of playoffs

CAM TUCKER
cam.tucker@metronews.ca

What a difference two days can make.

On Thursday, the Vancouver Canucks had basically no room to move against the L.A. Kings. They couldn't get anything going offensively in that loss, which didn't necessarily create optimism for the weeks ahead, when the NHL's Stanley Cup playoffs begin.

How things changed Saturday.

The Toronto Maple Leafs came to town, dragging with them a season's worth of drama and losing. Suddenly, there was room for the Canucks to operate.

They did what they needed to do, beating up on a lesser opponent, one that looks like it wants this horrific nightmare of a season to end now.

The Canucks otherwise dominated the Maple Leafs, coming away with a 4-1 victory and two very important points. Derek Dorsett, who has been a consistent example of dogged determination, grit and a decent amount of offensive production, scored the winner and added two assists for his first ever three-point game in the NHL.

Both the Calgary Flames and Kings lost in regulation on Saturday.

With Saturday's results, the Canucks moved back into second in the Pacific Division, just one point ahead of the Flames and three ahead of the Kings.

The Canucks were dominant in a 4-1 win over the Maple Leafs at Rogers Arena on Saturday night.
JONATHAN HAYWARD/THE CANADIAN PRESS

Schedule

14

The number of games the Canucks have remaining on their regular-season schedule.

The Canucks have 14 games remaining on their schedule.

Two more against the Kings, who, with their loss Saturday, were bumped back out of the top eight teams in the Western Conference.

Of Vancouver's 14 remaining games, nine are against teams out of a playoff position, including the Kings and Tuesday's opponent, the Philadelphia Flyers.

But if recent losses against the likes of Buffalo on Feb. 26 and Arizona on March 5 are any indication, it's that the Canucks can ill afford to take any opponent they face lightly.

Follow Cam Tucker on Twitter @camtucker_metro

4 SPORTS

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Ducks rally to comeback victory

Nashville Predators centre Craig Smith clashes with Ducks right-winger Kyle Palmieri on Sunday night in Anaheim. Palmieri scored the tying goal and Nate Thompson put the Ducks ahead 35 seconds later, leading Anaheim back from a two-goal deficit with a four-goal third period in a 4-2 victory.
CHRISTINE COTTER/THE ASSOCIATED PRESS

Raps can't find their way vs. Trail Blazers

NBA. Led by PF Aldridge, Portland hands Dinos their 10th loss in 12 games

LaMarcus Aldridge poured in 24 points and Damian Lillard added 23 as the Portland Trail Blazers defeated the Raptors 113-97 at the Air Canada Centre in Toronto on Sunday night.

The Trail Blazers (44-20) took advantage of a porous Toronto defence, shooting better than 60 per cent from the field in the first half and finishing the night 13-for-29 from three-point range.

DeMar DeRozan had 22 points to lead the Raptors (39-27), who lost for the tenth time in 12 starts.

Toronto's Greivis Vasquez hit a 13-foot jumper with 8:38 to go in the fourth capping a 6-0 run that cut the Portland lead to eight points and briefly energized the sellout crowd of 20,053.

But the Trail Blazers responded with a 16-8 run of their own over the next five minutes to end any possibility of drama and send many of the fans to the exits early.

The Raptors had lost nine of 10 games before a 10-point win at home over Miami Friday night.

THE CANADIAN PRESS

Raptors centre Jonas Valanciunas goes to the basket against Portland Trail Blazers big man Robin Lopez during the first half on Sunday at Air Canada Centre in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Soccer. Second Rivero goal gives Vancouver win

When it seemed like neither team was going to break the deadlock, Octavio Rivero found himself in the box with the game on his foot. He calmly slotted the ball into the vacant net, securing Vancouver's first win of the season, 1-0, on Saturday afternoon.

Rivero has now scored Vancouver's only two goals of the young season, showing his calmness around goal.

Whitecaps' manager Carl Robinson isn't surprised at how clinical Rivero has been. He was brought in to Vancouver to do exactly that.

"He does do (the little things). I see it day in, day out," said Robinson. "The reason we brought him in was to try to edge those close games. Today was a close game and fortunately he showed a calm manner."

Rivero led Uruguayan side Rentistas with 10 goals in 17 matches during the 2013-14 season, including four game-winners. Before signing in Vancouver, Rivero appeared 16 times for Chilean team O'Higgins FC and netted 10 goals.

Finding the net is nothing new for the Uruguayan striker, who potted 22 goals in his past 35 appearances, giving Robinson not too much to lament over the lack of finish from his squad so far.

RYAN LEHAL/FOR METRO

Major League Soccer

New York debuts with victory

David Villa had a goal and an assist to help New York City FC beat 10-man New England 2-0 on Sunday in its home debut at Yankee Stadium.

Villa and Ned Grabavoy connected on a give-and-go goal in the 19th minute. Villa took it up the left side of the field and touched it to Grabavoy, who fed it ahead. Villa split two defenders and chipped the ball inside the far post.

Villa, who has 59 goals for the Spain National Team, became the seventh Spaniard to score in MLS history. THE ASSOCIATED PRESS

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AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Do something meaningful this week. Whatever it is, do it with others rather than on your own. As a group you may, in some small way, change the world.

♉ Taurus
April 21 - May 21
You may be eager to push ahead with a project you know will be a success but the planets warn the timing is not right. Wait until Friday's solar eclipse.

♊ Gemini
May 22 - June 21
Leave yourself plenty of time to reach your destination. Some days you can leave everything to the last minute, but today you have got to be organized.

♋ Cancer
June 22 - July 23
It is possible you could come into money this week but it is also possible that you will lose money. Jupiter, planet of luck but also extravagance, warns you need to stay on top of the wasteful side of your nature.

♌ Leo
July 24 - Aug. 23
Something will happen today that is a challenge and opportunity. While the challenge may come from the outside it is the way you react to it on the inside that makes it an opportunity.

♍ Virgo
Aug. 24 - Sept. 23
Stay calm, be patient and don't try to force the pace. Accept that, where work is concerned, you have no choice but to wait while others catch up.

♎ Libra
Sept. 24 - Oct. 23
Make sure you know what you are getting into today because if you let others take charge and decide what you will be doing you could end up in a place you don't really want to go.

♏ Scorpio
Oct. 24 - Nov. 22
What is simple to you may be complicated to someone else, so don't get uptight if they can't grasp it. Patience may not be one of your virtues but you will need plenty of it today.

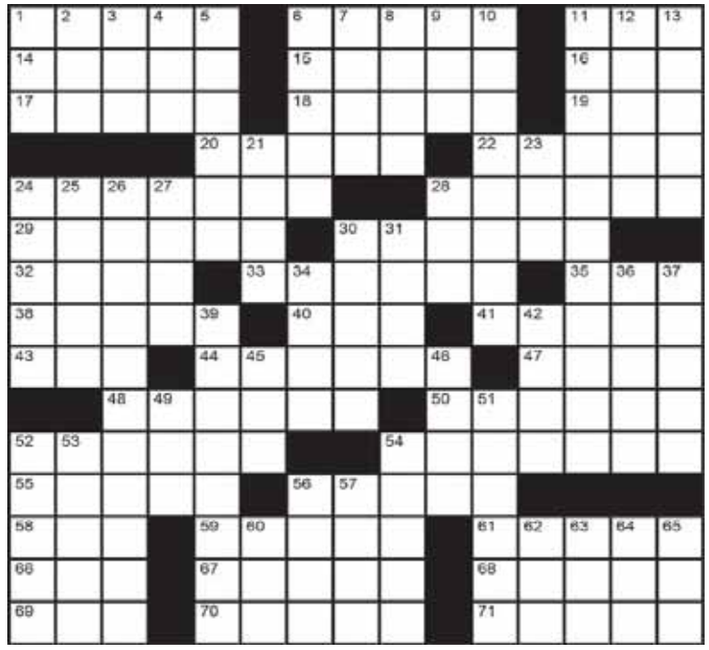
♐ Sagittarius
Nov. 23 - Dec. 21
Nothing in your life is so urgent that it must be done right this moment and if anyone tells you otherwise they are not to be trusted. Bide your time and let others make the first move.

♑ Capricorn
Dec. 22 - Jan. 20
Why do some people get hysterical over minor matters? Whatever the reason it's unlikely they are going to change, so make allowances.

♒ Aquarius
Jan. 21 - Feb. 19
You feel confident but don't go too far and say or do something that risks making an enemy of people who are way beyond you in the power stakes.

♓ Pisces
Feb. 20 - March 20
Don't cut corners and hope no one notices. They will. You may be falling behind and need to catch up but there is a right way and a wrong way to do it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



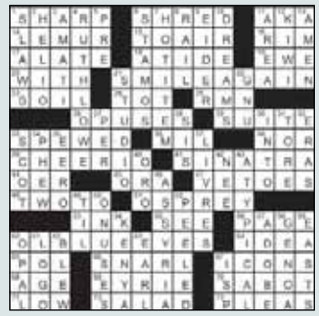
Across

1. Warning signal
6. Saskatchewan town south of Prince Albert
11. Scottish hat
14. Time lag
15. Garlic sauce
16. Folk classic: "__ _ Had a Hammer"
17. The Police leader
18. Comedian Nick with a self-titled sketch show
19. Habs, on score-boards
20. "An __ Husband" (1999)
22. Can's ingredients spot
24. Likes
28. BC: __ Lagoon Park, in Nanaimo
29. Chicken Soup link
30. Sweater sort
32. Unfeigned
33. Earlier match or round, short-style
35. "WiLD4TheNight (EgoLand)" Canadian rapper
38. De-sud
40. Frying need
41. __ kebab
43. Founded, for short
44. "Goodness.": 2 wds.
47. 'Within'-meaning prefix
48. More sore
50. Thermal __ (Hot/cold spot detector)
52. Ancient death god
54. Sherry __, Canadian entrepreneur/philanthropist
55. WWII-era model
56. Panache
58. WSW's opposite
59. Arctic = __ region
61. Baseball base
66. Edinburgh 'uh-uh'
67. Overturn
68. Workshop machine
69. Gent's honorific
70. Grooms-to-be events
71. Fund

Down

1. Classified listings, e.g.
2. Permit
3. Will Smith flick
4. Operated (Western Canada scenic train journey provider)
5. "___ (Gone Gone Gone)" by Chilliwack
6. Exclaims "Rise and shine!"
7. Broadcast, __ _ show
8. __-Aid (Flavoured drink)
9. mEntire
10. As per #11-Down... __ Lake, BC (Headquarters of Pioneer Log Homes)
11. HGTV's log cabins show: 2 wds.
12. Later
13. Paper factories
21. Heavy, as emotion
23. Prefix to 'culture' (Beekeeping)
24. Cavern
25. Ms. Day
26. Rocky __
27. Chemical suffixes
28. Fraternity letter
30. Johanna __ (Opera soprano)
31. Seasoned stew, __ podrida
34. Drove
36. Prefix with 'arthritis'
37. Cut
39. Dawn horse
42. Cabbage unit
45. Hellos
46. Rihanna's nickname
49. French vineyard
51. __ Beach, South Carolina
52. Debuts, as a musical
53. __ Peninsula, in Egypt
54. Poets
56. __ collar
57. CBC News program, "The Exchange with Amanda __"
60. Decide
62. Harrison's "Star Wars" (1977) role
63. "__ be my pleasure."
64. Pi's follower
65. Mother Nature's coat

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4	5	3	2	8		
	3						4	
6				8				2
7				5				1
8	6			7	9	5		3
4								8
9								6
	8			9			3	
		6	8	1	7	2		

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Yesterday's Sudoku

1	5	8	7	3	2	9	6	4
6	3	9	1	8	4	5	2	7
4	2	7	6	5	9	8	3	1
2	1	4	8	9	3	7	5	6
8	7	3	5	2	6	4	1	9
9	6	5	4	7	1	2	8	3
5	8	1	9	6	7	3	4	2
3	9	6	2	4	5	1	7	8
7	4	2	3	1	8	6	9	5

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